

WHAT IS CLAIMED IS

1. A system for creating a personalized fitness video for an individual, comprising:
 - a) assessing said individual's flexibility, cardiovascular condition, body fat composition, muscular strength and condition, and other health conditions and limitations;
 - b) determining a specific fitness plan based on the assessment derived in step (a) and taking into consideration said individual's needs and goals, said specific fitness plan including a detailed workout program of specific exercises in at least one sequential arrangement of specific exercises;
 - c) selecting by operations performed on a computer a plurality of video segments from a series of video segments stored in a library memory of said computer wherein each of the video segments of said selected plurality of video segments is a specific exercise of said detailed workout program of specific exercises;
 - d) arranging in said computer the video segments of said selected plurality of video segments into a sequence corresponding to said at least one sequential arrangement of specific exercises of said specific fitness plan; and
 - e) recording said at least one sequential arrangement of selected video segments onto a digital versatile disc by means of a DVD burner in said computer.

2. The system for creating a personalized fitness video for an individual as defined in Claim 1, wherein each video segment of said series of video segments stored in a library memory of said computer is a specific exercise previously recorded by means of a video camera and permanently stored in the library memory of the computer for later retrieval.
3. The system for creating a personalized fitness video for an individual as defined in Claim 2, wherein each video segment of said series of video segments stored in the library memory of said computer includes voice over and/or printed instructions for performing the exercise inputted to the video segment by operations performed on the computer and including a microphone.
4. The system for creating a personalized fitness video for an individual as defined in Claim 1, wherein the sequentially arranged selected video segments are fixed in a file specific to said individual and stored in the library memory of the computer for later retrieval.
5. The system for creating a personalized fitness video for an individual as defined in Claim 1, which further comprises transferring the at least one sequential arrangement of selected video segments recorded on said digital versatile disc to a video cassette.
6. A system for creating a personalized fitness video for an individual, comprising:
 - a) assessing said individual's flexibility, cardiovascular

- condition, body fat composition, muscular strength and condition, and other health conditions and limitations;
- b) determining a specific fitness plan based on the assessment derived in step (a) and taking into consideration said individual's needs and goals, said specific fitness plan including a detailed workout program of specific exercises in at least one sequential arrangement of specific exercises;
 - c) selecting by operations performed on a first computer a plurality of video segments from a series of video segments stored in a library memory of said first computer wherein each of the video segments of said selected plurality of video segments is a specific exercise of said detailed workout program of specific exercises;
 - d) arranging in said first computer the video segments of said selected plurality of video segments into a sequence corresponding to said at least one sequential arrangement of specific exercises of said specific fitness plan;
 - e) uploading said sequentially arranged selected plurality of video segments onto a secure web site; and
 - f) downloading from said secure web site by said individual said sequentially arranged selected plurality of video segments into a second computer.
7. The system for creating a personalized fitness video for an individual as defined in Claim 6, wherein each video segment

of said series of video segments stored in a library memory of said first computer is a specific exercise previously recorded by means of a video camera and permanently stored in the library memory of the first computer for later retrieval.

8. The system for creating a personalized fitness video for an individual as defined in Claim 7, wherein each video segment of said first series of video segments stored in the library memory of said first computer includes voice over and/or printed instructions for performing the exercise inputted to the video segment by operations performed on the first computer and including a microphone.
9. The system for creating a personalized fitness video for an individual as defined in Claim 6, wherein the sequentially arranged selected video segments are fixed in a file specific to said individual and stored in the library memory of said first computer for later retrieval.
10. A digital versatile disc of a personalized fitness video for an individual produced according to the system defined in Claim 1.
11. A video cassette of a personalized fitness video for an individual produced according to the system defined in Claim 5.